

RIDING THE CLOUDS

I have the most amazing husband in the world. As a surprise for my birthday he bought me a ride in a hot air balloon. I always loved hot air balloons and covered my college dorm room with pictures of them. I dreamed of riding in one some day and Saturday was that day. I could not believe I was 4000 feet off the ground. My heart was racing a little from the excitement and my nerves. I won't forget watching the sunset from a different perspective or floating through the haze in the summer sky. I made a special memory that day thanks to a wonderful man.

To me, life is about making special memories. My mother laughs when I begin talking about my childhood memories or special moments in our family history. She says I am the historian of our family. I want to make sure that we all remember where we came from. The older I get, the more I realize the benefit of good memories. I don't think we are ever too old to make a special memory or to help someone else make a memory.

Why do I share my hot air balloon adventure and walk down memory lane with you? It is because I want to ask

you to help make memories. I have written several articles about volunteering in the Pavilion and also mentioned it on one of my Friday morning broadcasts. I have received two calls. We have wonderful volunteers in the Pavilion who have been working with us for several years. We value their participation and appreciate all they do. Would you like to join them in making memories? One aspect of a successful life enrichment program is volunteers. We have several, but need so many more.

I challenge you today to put aside whatever apprehension you have about volunteering or being in a nursing home and think about enriching the life of someone else even if only an hour a week. It would be a great adventure, even better than being 4000 feet in the air and looking at the North Carolina countryside. If you are interested in volunteering in our healthcare center, contact me at extension 2658. As always, it is a pleasure serving you.

Jennifer King, Healthcare Administrator

STRESS

Stress is hard to define and sometimes hard to fix because it is a subjective feeling associated with varied signs and symptoms that are different for each of us. For some, an increase in stress can help to increase our productivity - - but only up to a certain point, and then deterioration starts. This level is different for each of us. According to the American Institute of Stress, stress can be like the tension on a violin string, not enough produces a dull, raspy sound. too much causes an irritating screech or it snaps the string. The correct degree of stress creates a beautiful tone. The trick is to find the right amount of stress that permits us to make pleasant music each day. The list of factors that cause stress is endless. There is a list of the top ten issues that cause stress. After reading it I realized it was a mirror of life – good, bad and ugly. What influences our ability to handle stress is our overall health, nutritional status, fitness level, emotional well being and the amount of sleep/rest. It is important to find the balance in our lives to find what helps relieve our stress. Even though stressed spelled backwards is desserts, eating is not a healthy way to deal with stress. It may sound like a good idea at the time, especially if it is cookies. Laughter, relaxation techniques, walking, yoga, meditation, breathing exercises, gardening, and music are just a few ways to help decrease stress. For me, a good book, the quiet time to read it, a cup of coffee and I am good to go. Does that completely take away my stress? No, but it gives my mind a break and the ability to rest and think through the problem causing my stress. I also

like to pace or walk when reading isn't possible. The bottom line is find what works for you. "Stress is not what happens to us. It's our response to what happens. And response is something we can choose." Maureen Killoran.

Linda J. Clawson, RN DON

Pruning Protocol Established - Standardized procedures have been established for pruning shrubs and trees at Croasdaile Village. All future pruning will be monitored and supervised by the Buildings and Grounds Committee. Residents of cottages who have planted shrubs and trees may control the pruning of their plants by placing a small white flag at the corner of the front stoop or doorway. Before pruning, groundskeepers will check with residents displaying flags. Flags and instructions for their use may be obtained at the Homestead front desk.

Boyd Strain, Building & Grounds Committee Chair

Thought For The Week

Gossip is like a snapshot: it begins with a negative, has been developed, and is often enlarged!

- Jean Knight

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THE VILLAGER

THE UNITED METHODIST RETIREMENT HOMES

AT DEWITT'S END



As I write these words, I'm still reeling from news just received from Tom Akins, President of the NC Association of Non-profit homes for the Ageing. He has informed the Association of a tragic accident that happened in one of our NC retirement communities. A resident, making coffee in her unit, inadvertently dragged the sleeve of her nightgown across a hot burner. Tragically, the resulting fire caused the resident's death. Fire safety is foremost in my mind at this moment. My heart is broken for this community and I have tried to imagine how I would feel if this had happened to one of our residents. I am determined more than ever to keep safety foremost for Croasdaile Village. I want to share safety information that Tom sent with his sad announcement. You will find it helpful.

Stay in the kitchen when cooking. Never leave food cooking on the stove or in the oven if you leave your unit. Turn off the stove and appliances promptly when finished using them. Unplug electrical appliances when not in use. Keep appliances clean. Built-up grease catches fire easily. Wipe appliance surfaces after spills and clean stove surfaces and ovens regularly. Stay alert! Studies show 43% of those who died in cooking fires were asleep. Do not attempt to cook if you have been drinking alcohol or feel drowsy. When cooking, wear garments that fit snugly, with sleeves that have been rolled up securely. Loose sleeves that dangle catch

fire easily. Do not store anything on or above the stove. Leaning over burners to reach shelves can cause clothing to catch fire. Keep flammable objects, potholders, dish towels, etc. a safe distance from the stove. Prevent burns and stove-top fires by always turning pot handles toward the back of the stove. A pot handle sticking beyond the edge of the stove can be bumped or accidentally grabbed. Heat oil slowly over moderate heat and never leave hot oil unattended. Never pour water over a grease fire. Smother it by carefully sliding a lid over the pan and turning off the burner. If a fire starts in the oven, close the door and turn off the heat source. If the flames do not go out immediately, call 9-911, Fire Department. Do not overload electrical outlets. Plugging in too many kitchen appliances, especially heat producing appliances such as toasters, coffee makers, waffle irons or electric frying pans can overload the circuit and/or cause a fire. Keep heat-producing appliances away from walls and curtains. Never use any electrical cord with a cracked, loose or damaged plug, and replace frayed or cracked electrical cords immediately. If an electrical appliance gets wet inside, have it serviced before using.

Microwave Safety: Microwave ovens stay cool, but what is cooked in them can be extremely hot. Use pot holders when removing food from microwave ovens. Remove lids from packaged foods carefully

PARKING AT CROASDAILE VILLAGE

The availability of close-in parking spaces is still of great concern. We have MORE than ample parking, but few parking spaces that are close to the entrances. It is often asserted that this is a poor design, but it would be hard to find a restaurant, store, hospital, clinic, nursing home, apartment building or retirement community that does not struggle with the same issue. There are only so many vehicles that can park close to any given door. We have made some changes in the parking design, but as with every change...some love it and some are outraged. Why all the furor? Some residents just want a place to park close to the building during dinner. Other residents want a place to park close to the building all the time. No matter what we do, there is no way to make everyone happy. I tried to accomplish that feat the first few years that I was an executive director, and discovered that not only could I not succeed, I generally ended up simply making unhappy people happy and happy people unhappy...and losing hair in the process. We are going to continue to try to provide as many close-in parking spaces as possible, but understand: we will never completely succeed in providing the close-in parking spaces everyone wants.

HOWEVER...there is something residents can do to help. We continue to see vehicles parked in spaces close to the entrances -- vehicles that appear to be out of commission. For instance, there is a vehicle with license plates expired in 2007. Whoever is still using the van, is driving an un-registered, and un-inspected vehicle illegal. We find this type of vehicle parked often near primary entrances. It is not unusual to see vehicles parked in prime parking spaces for years on end... without being moved, evidenced by flat tires or outdated vehicle requirements. DO NOT leave unused, unusable vehicles close to the doorways. Recently a resident told me, "I don't drive, but I leave my car there so my son can drive it when he flies in." I understand the convenience that it provides her family. I do not ask that she get rid of her vehicle, but I do ask that the car be moved or ask us to move it to a more remote location in the parking lot. Monitor your vehicles' registration. If your vehicle's license tag is out of date, it tells us you have ceased to use it. Again, move the vehicle to a remote location or ask us to move it for you

If vehicles with expired license plates are not moved, Administration will report the vehicles to the North Carolina

DMV. If a vehicle with expired plates is still being used, it is un-inspected and poses a potential safety threat to the owner and the entire community.

Howard

Audiology corner

Do you or someone you know have difficulty hearing television?

Even successful hearing aid users find their hearing aid is not as effective as they would like for television listening. This is due to the "flat" figure/ground nature of TV with background music, the quality of recording when creating the show and room reverberation. Other factors that are more controllable include the distance from the TV, quality and age of TV, and location of the speaker within the TV.

An infrared listening device can overcome these inhibiting factors by taking the sound from its source and carrying it directly to the ears of the listener – with no wires! These devices allow for individually adjusted volume levels, so that all persons viewing TV may hear comfortably. The headset may also be used when in the theatre. Call me for more information at 403-3277.

Anita Carroll, Audiologist

HAPPY BIRTHDAY

Ann Byrum – 13 Evelyn Tegnell - 13

Jeanne Lilly – 16 Alice Eakes – 17

Conny Peake – 19 Vivian Marino – 20

Gram McGill - 21 Frances Clements - 24

Lucy Cunningham – 24 Deanie Neal – 26

Charles Byerly -27 Marjorie Hawkins – 27

DASHES FROM DENISE

The annual Croasdaile Village Watermelon Feast and Seed Spitting Championship was held in Hamil Courtyard on Sunday, August 8th.



Residents from many areas of the community consumed four different kinds of watermelons: the ever popular "Sugar Baby",

Sentinel, and a newcomer "Moon and Stars" chosen especially for its large seeds! The largest melon weighed in at 31 pounds and there were a total of seven melons purchased from the North Carolina State Farmer's Market. Total cost, \$36.00 to feed a hungry crowd with some left over!

I wore my watermelon earrings and brought my tree carving knife. With my many years experience, I expertly carved the watermelons.



Past champions were recognized, and advice to newcomers was given. A new champion, Sid Ray was crowned, with second place going to Don Wright and by the narrowest of margins, third place to John Ellis. Each selected a prize. Many other contestants participated and have bragging rights for courage. They were given a slice of watermelon gum.



It's a Croasdaile tradition of August, celebrating summer!!!! Join us next year!

Denise Waters, Director of Life Enrichment



Don Wright and John Ellis demonstrate the appropriate puckering technique to send a watermelon seed flying!

AT DEWITT'S END

Continued from page 1

to prevent steam burns. Test food temperature before eating. If there is a fire in the microwave oven, keep the door closed and turn off the appliance. Opening the door feeds oxygen to the fire. Do not use the microwave again until it has been serviced.

This information may seem old or redundant, but please make it a part of your everyday life.

Have a good week!

Howard

There will be no Villager next Friday, August 20th.